

Sally Wisbey's Smoothie of the month



This month's smoothie is particularly good for helping to maintain a healthy digestive system. For more tips on digestive health during the festive season, see our feature on page 28.

- ▶ 4oz of cabbage
- ▶ A small handful of watercress
- ▶ 3 pears
- ▶ 1 stick of celery
- ▶ 1 teaspoon of spirulina

Juice all the fruit and vegetables and then blend with the spirulina.

Sally says:

"With the festive season coming up, it is easy to over indulge on naughty foods. This can lead to constipation and a sluggish digestive system so it is important to keep things moving during the Christmas period! This juice can be used regularly and is also good to use during a detox.

Cabbage is one of the most potent digestive aids and great for juicing as its nutrients are highest when raw. It helps rid the colon of waste and prevents constipation and fluid retention. It is also high in the amino acid L-glutamine which can help reduce inflammation in the digestive tract and restore the integrity of the gut lining.

Celery is high in potassium which helps to reduce fluid retention, ensuring you can fit in that favourite party dress! It contains good levels of antioxidants such as vitamin C which help protect against damage to our cells in the digestive tract.

Pears are a great source of soluble fibre which helps soften your stools, making them easier to pass through the digestive tract, helping to prevent constipation. Watercress, a cruciferous vegetable, is high in sulphur which assists the liver in the detoxification process whilst spirulina has amazing antimicrobial properties that can destroy bacteria and viruses which can lower our immune system, 70% of which lives in our digestive system."

■ To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition